Ghee



INSTRUCTIONS

- *Start by melting a pound of unsalted butter (I like Kerrygold or make my own from raw milk) in a pan over medium heat.*
- *The butter will melt then get foamy, then start to sputter and turn golden. This process takes about 15-30 minutes.*
- *Once the sputtering has stopped, remove from heat.*
- *Let it cool for just a bit and then place a small strainer over a jar, pour and strain.*
- *As the ghee cools it will turn more solid at which point you can put on the lid and store it in the cupboard or fridge.*

NOTE

Ghee can also be purchased at your local market

